

The 2016 Mayor's Wellness Challenge

9 hours of sleep

5 servings of fruits and vegetables

2 hours or less of recreational screen time



1 hour of physical activity

0 sugary drinks

0 tobacco/nicotine

The 2016 Mayor's Wellness Challenge (MWC) is based on the 95210 framework, used in the Somerville Public Schools to highlight 5 daily habits which help keep you healthy and well. For this six-week challenge, focus on one habit at a time and set up activities to help you achieve your goal. If you are already doing many healthy behaviors – great! The aim of the MWC is to motivate you to work on something NEW to you. Don't like any of the 95210 habits or want to focus on something else? That's fine – you can pick an "other" behavior.

Here's how to participate in the challenge:

- 1) Each week, pick a 95210 goal you want to work on. It can be different week to week or you can keep it the same.
- 2) Use the tracker sheet to list up to 3 goals you will try to do each day to help you achieve your 95210 habit.
- 3) Give yourself a one point on the day you meet your goal(s) listed on your weekly tracker.
- 4) See our calendar of events for details (also in your MWC packet).
- 5) Earn **five points** for every city-sponsored event you attend.
- 6) Tally up your total points each week
 - a. If you're competing on a team, report your points to your team leader, who will report on behalf of the whole team
 - b. Team leaders and Individual competitors can report weekly points by:
 - i. Calling Erica at 617-625-6600 x4321
 - ii. Going to the leader board at bit.ly/CurtatoneMWC16
- 7) Awards will be given for top scoring teams and for the top 5 individual scorers.
- 8) Other awards include "most engaged" and a Wellness Buck raffle winner: **redeem your Wellness Buck awards to enter a raffle.**
- 9) Winners will be announced at Carnaval, on June 5th, 2016

All information can be found on our website <http://www.somervillema.gov/wellnesschallenge/>

and facebook page <https://www.facebook.com/MayorsWellnessChallenge/>